

Kertas Asli/Original Article

Development and Acceptance of a Nutrition and Lifestyle Education Booklet to Improve Mild Cognitive Impairment among Elderly
(Pembentukan dan Penilaian Sebuah Buku Kecil Pendidikan Pemakanan dan Gaya Hidup bagi Memperbaiki Kegagalan Kognitif Ringan di Kalangan Warga Tua)

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ABSTRAK

Kegagalan kognitif ringan (MCI) sering berlaku di kalangan warga tua dan boleh menyebabkan dementia. Kajian ini bertujuan untuk membangunkan sebuah buku kecil bagi menerapkan modifikasi amalan pemakanan dan gaya hidup yang sihat bagi melambatkan kemerosotan fungsi kognitif. Suatu siri perbincangan dengan kumpulan penyelidikan yang terdiri daripada dietitian, ahli pemakanan, geriatrik dan perubatan dijalankan bagi menentukan kandungan, grafik dan reka bentuk buku kecil ini. Terdapat tujuh panduan dalam buku kecil ini iaitu; perbanyakkan makan ikan, tingkatkan pengambilan makanan yang kaya dengan asid folik, tingkatkan pengambilan sayur-sayuran dan buah-buahan, bersenam selalu, lakukan aktiviti bagi merangsang daya ingatan, elakkan merokok dan minuman beralkohol serta sentiasa ceria dan positif. Penilaian penerimaan dari segi kandungan, grafik dan reka bentuk dijalankan terhadap warga tua dan kakitangan kesihatan di Klinik Kesihatan Cheras. Penilaian ini melibatkan 15 warga tua Melayu berumur 60 hingga 81 tahun (min umur 66.1 ± 6.6 tahun), iaitu 60.0% lelaki dan 40.0% perempuan. Seramai 10 orang kakitangan kesihatan berumur 36.6 ± 12.0 tahun, dengan julat umur 27 ke 58 tahun, terdiri daripada 20% lelaki dan 80% perempuan turut terlibat. Kebanyakan subjek warga tua (80.0%, $n = 12$) menyatakan bahawa mereka memahami kandungan buku kecil tersebut. Sementara itu, 20.0% ($n = 3$) subjek warga tua menyatakan mereka tidak memahami kandungan buku kecil dari aspek ayat dan istilah. Kesemua kakitangan kesihatan (100.0%) memahami maklumat dalam buku kecil. Buku kecil ini diterima baik oleh subjek warga tua Melayu dan kakitangan kesihatan, walau bagaimanapun mereka mencadangkan supaya lebih banyak gambar rajah dimuatkan, struktur ayat dipermudahkan serta istilah saintifik dikurangkan bagi meningkatkan pemahaman. Buku kecil ini berpotensi dalam meningkatkan pengetahuan pemakanan dan kesihatan warga tua terutamanya yang mengalami MCI dan memotivasi mereka untuk mengamalkan pemakanan dan gaya hidup sihat, seterusnya menurunkan kemerosotan fungsi kognitif dan mencegah dementia.

Kata kunci: Kognitif, pendidikan, buku kecil, warga tua, gaya hidup

ABSTRACT

Mild cognitive impairment (MCI) is a common disorder among elderly and may worsen to dementia. The aim of this study is to develop a nutrition and lifestyle booklet to implement better lifestyle modification, as an effort to delay cognitive decline. A series of discussions with a research group comprising of dietitians, nutritionists, a geriatrician and a public health physician were conducted to ascertain the content of the booklet. There were seven guidelines in the booklet including; eat more fish, eat more foods rich in folic acid, eat more fruits and vegetables, exercise regularly, do activities to stimulate memory, stop smoking and alcohol drinking and stay cheerful and positive. Evaluation of acceptance for the booklet was carried out which comprised of assessment on content, graphic and design among elderly and health staff at health clinic in Cheras. The assessment involved 15 Malay elderly subjects aged 60 to 81 years (mean age 66.1 ± 6.6 years), with 60.0% men and 40.0% women and 10 health staff aged 36.6 ± 12.0 years, with range of 27 to 58 years, consists of 20.0% men and 80.0% women also participated. Most of elderly subjects (80.0%, $n = 12$) indicated they understood information in the booklet. Meanwhile, 20.0% ($n = 3$) of elderly expressed they did not fully understand the content of the booklet in particular on sentence and terminology. All health staff (100.0%) understood the information in the booklet. This booklet was well accepted by elderly subjects and health staff, however adding more graphics, simplifying sentence structures and minimizing scientific terminologies to improve understanding were suggested. The booklet has the potential to increase the nutritional and health knowledge of elderly specifically with MCI. This would motivate them to adopt healthy eating and lifestyle, thus reducing cognitive decline and prevent dementia.

Keywords: Cognitive, education, booklet, elderly, lifestyle